## **CLAIMS**

We claim:

- 1. An herbal formula for treating or lessening the severity of food allergy, wherein said formula comprises an herbal mixture consisting of Ling-Zhi, Wu Mei, Chuan Jiao, Huang Lian, Huang Bai, Gan Jiang, Gui Zhi, Ren Shen, and Dang Gui.
- 2. An herbal formula for preventing food allergy, wherein said formula comprises an herbal mixture consisting of Ling-Zhi, Wu Mei, Chuan Jiao, Huang Lian, Huang Bai, Gan Jiang, Gui Zhi, Ren Shen, and Dang Gui.
- 3. A composition comprising the herbal formula according to claim 1 and a pharmaceutically acceptable carrier, adjuvant, or vehicle.
- 4. A composition comprising the herbal formula according to claim 2, and a pharmaceutically acceptable carrier, adjuvant, or vehicle.
- 5. The composition according to claim 3, wherein said composition further comprises an additional therapeutic agent.
- 6. The composition according to claim 5, wherein said additional therapeutic agent is a corticosteroid.
- 7. The composition according to claim 5, wherein said additional therapeutic agent is an anti-histamine.
- 8. The composition according to claim 5, wherein said additional therapeutic agent is epinephrine.
- 9. The composition according to claim 5, wherein said additional therapeutic agent is a bronchodilator.

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- 10. A method for treating or lessening the severity of food allergy, in a patient in need thereof, wherein said method comprises administering to said patient the herbal formula according to claim 1 or the composition according to claim 3.
- 11. The method according to claim 10, wherein said food allergy is a peanut allergy.
- 12. A method of preventing food allergy, or one or more symptoms related to food allergy, in a patient in need thereof, wherein said method comprises administering to said patient the herbal formula according to claim 1 or the composition according to claim 3.
- 13. The method according to claim 12, wherein said food allergy is a peanut allergy.
- 14. A method of treating or lessening the severity of anaphylactic shock, in a patient in need thereof, wherein said method comprises administering to said patient the herbal formula according to claim 1 or the composition according to claim 3.
- 15. A method of preventing anaphylactic shock, in a patient in need thereof, wherein said method comprises administering to said patient the herbal formula according to claim 1 or the composition according to claim 3.